

May 2016						
◀ April 2016						June 2016 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:00 Chair Exercises (W) 9-12 Drop in Games all Sites Bingo (M) Bingo (A) Computer Lab 8:30-6:30 (W) Total Body & Cardio 5:30 (W)	3 9:00 Chair Exercises (M) Bingo! (A&M) 9:30 Line Dancing (M) Drop-in Games 9:30-12 Computer Lab 8:30-5 (W) Line Dancing 5:15-6:00 (W) Total Body & Cardio 5:30 (M)	4 9:00 Chair Exercises (W) Bingo! (A&M) 10:30 Chair Exercises (A) Drop-in Games 9:30-12 Ping-Pong 1-3 (W) Computer Lab 8:30-5 Total Body & Cardio 5:30 (W)	5 9:30 Bingo (A&M) 9:00 Chair Exercises (M) 9:30 Painting (M) 10:30 Bingo (W) Drop-in Games all sites 9:30 – 12 Computer Lab 8:30-5 Line Dancing 5:15- 6p (W) Total Body & Cardio 5:30 (M)	6 9 am Quilting, Intermediate Computer 9-12 Bingo! (A&M) 10:30 Chair Exercises (A) 1 pm Quilting (W) 1 – 4 Basic Computer (W)	7
8	9 9:00 Chair Exercises (W) 9:30 Bingo! (A&M) 9:30-12 Drop-in Games All Sites, 8:30-5 Computer Lab (W) Fitness Center 8:30-9pm Total Body & Cardio 5:30 (W)	10 9:00 Chair Exercises (M) 9:30 Bingo! (A&M) 9:30 Line Dancing (M) Drop-in Games 9:30-12 Computer Lab 8:30-5 (W) Line Dancing 5:15-6:00 (W) Total Body & Cardio 5:30 (M)	11 9:00 Chair Exercises (W) Bingo! (A&M) Chair Exercise 10:30 (A) 9:30 Line Dancing (M) Drop-in Games 9:30-12 Computer Lab 8:30-5 (W) Line Dancing 5:15-6:00 (W) Total Body & Cardio 5:30 (M)	12 Bingo! (A&M) 9:00 Chair Exercises (M) 9:30 Painting (M) 10:30 Bingo (W) Drop-in Games all sites 9:30 – 12 Computer Lab 8:30-5 Line Dancing 5:15- 6p (W) Total Body & Cardio 5:30 (M)	13 9 am Quilting, Chair Exercise 10:30 (A) Intermediate Computer 9-12 (W) Bingo! (A&M) 10:30 Chair Exercises (A) 1 pm Quilting Basic Computer Class 1 pm	14
15	16 9:00 Chair Exercises (W) Bingo! (A&M) 9:30-12 Drop-in Games All Sites, 8:30-5 Computer Lab (W) Fitness Center 8:30-9pm (W) Total Body & Cardio 5:30 (W) ICE CREAM SOCIAL @ 5PM (W)	17 9:00 Chair Exercises (M) Bingo! (A&M) 9:30 Line Dancing (M) Drop-in Games 9:30-12 Computer Lab 8:30-5 (W) Line Dancing 5:15-6:00 (W) Total Body & Cardio 5:30 (M)	18 9:00 Chair Exercises (M) Bingo! (A&M) 9:30 Line Dancing (M) Drop-in Games 9:30-12 Computer Lab 8:30-5 (W) Line Dancing 5:15-6:00 (W) Total Body & Cardio 5:30 (M)	19 Bingo (A&M) 9:00 Chair Exercises (M) 9:30 Painting (M) 10:30 Bingo (W) Drop-in Games all sites 9:30 – 12 Computer Lab 8:30-5 Line Dancing 5:15-6p (W) Total Body & Cardio 5:30 (M)	20 9 am Quilting, Chair Exercise 10:30 (A) Intermediate Computer Class Begins 9 -12 Bingo! (A&M) 10:30 Chair Exercises (A) 1 pm Quilting Basic Computer Class 1 pm	21
22	23 9:00 Chair Exercises (W) Bingo! (A&M) 9:30-12 Drop-in Games All Sites, 8:30-6:30 Computer Lab (W) Fitness Center 8:30-9pm Total Body & Cardio 5:30 (W)	24 9:00 Chair Exercises (M) Bingo! (A&M) 9:30 Line Dancing (M) Drop-in Games 9:30-12 Computer Lab 8:30-5 (W) Line Dancing 5:15-6:00 (W) Total Body & Cardio 5:30 (M)	25 9:00 Chair Exercises (W) Bingo! (A&M) 10:30 Chair Exercises (A) Drop-in Games 9:30-12 Ping-Pong 1-3 (W) Computer Lab 8:30-5 Total Body & Cardio 5:30 (W)	26 Bingo (A&M) 9:00 Chair Exercises (M) 9:30 Painting (M) 10:30 Bingo (W) Drop-in Games all sites 9:30 – 12 Computer Lab 8:30-5 Line Dancing 5:15- 6p (W) Total Body & Cardio 5:30 (M)	27 9 am Quilting, Chair Exercise 10:30 (A) Intermediate Computer Class Begins 9 -12 Bingo! (A&M) 10:30 Chair Exercises (A) 1 pm Quilting Basic Computer Class 1 pm	28
29	30 HCOA, Senior Center and Nutrition Sites Closed for Memorial Day	31 9:00 Chair Exercises (M) Bingo! (A&M) 9:30 Line Dancing (M) Drop-in Games 9:30-12 Computer Lab 8:30-5 (W) Line Dancing 5:15-6:00 (W) Total Body & Cardio 5:30 (M)	Notes: Senior Breakfast Club: 9-10 AM on May 6 @ Ahoskie UMC, ICE CREAM SOCIAL MAY 16 @ 5PM – WINTON SENIOR CENTER OFFICE OF AGING AND ALL NUTRITION SITES CLOSED ON MAY 30 FOR MEMORIAL DAY. Please Note: (A)=Ahoskie Site, (M)=Murfreesboro Site, & (W)=Winton Sen. Ctr.			

Hertford County Office of Aging May 2016

Winton Senior Center 408 S Camp Street – Ahoskie Nutrition Site 415 W. Holloman Rd – Murfreesboro Nutrition Site 315 W. Main Street

FOR MORE INFORMATION, PLEASE CALL HERTFORD COUNTY OFFICE OF AGING @ 252.368.7856